

IN THE CLAIMS:

Please cancel claims 1 and 2 without prejudice or disclaimer:

1. Canceled.

2. Canceled.

3. (Previously Presented) A food and exercise aid as defined in claim 6, wherein said memory comprises a food memory for storing the nutritional information, an exercise memory for storing the metabolic equivalent information and a weight memory for storing the weight information.

4. (Original) A food and exercise aid as defined in claim 3, and further comprising an input selector connected with said controller for selecting a food item, an exercise and a weight from said food, exercise and weight memories, respectively.

5. (Original) An exercise calculation method for an individual, comprising the steps of:

- (a) selecting a food item to be consumed;
- (b) selecting an exercise to be performed;
- (c) selecting a weight for the individual; and
- (d) calculating the duration of exercise necessary to burn off the calories of the food item after consumption by the individual according to the formula

$$T = \text{kcal} / \text{MET} \times 3.5 \times W / 200$$

where T is the exercise time, in minutes; kcal is the number of kilocalories for the selected food item; MET is the metabolic equivalent for the selected exercise; and W is the selected weight of the individual, in kilograms.

6. (Previously Presented) A food and exercise aid, comprising:

- (a) a memory for storing nutritional information for a variety of food items, metabolic equivalent information for a variety of exercises, and the weight of an individual;
- (b) a controller connected with said memory for controlling the selection of information to be obtained from said memory;
- (c) a calculator connected with said memory for calculating an exercise duration time necessary to burn the calories of a selected food item via a selected exercise according to the formula

$$T = \text{kcal} / \text{MET} \times 3.5 \times W / 200$$

where T is the exercise time, in minutes; kcal is the number of kilocalories for the selected food item; MET is the metabolic equivalent for the selected exercise; and W is the selected weight of the individual, in kilograms.; and

- (d) a display connected with said memory and with said calculator for displaying the nutritional and metabolic equivalent information and the calculated exercise duration time.